

PE Intent Statement

Our outstanding physical education curriculum inspires our children to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for all children to become physically confident in a way which supports their health and fitness. We provide numerous opportunities to compete in sport and other activities that build character and help to embed the values of fairness and respect.



Concepts and Themes

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"><li>• Revise and refine the fundamental movement skills they have already acquired: - rolling – crawling – walking – jumping – running – hopping – skipping - climbing</li><li>• Progress towards a more fluent style of moving, with developing control and grace.</li><li>• Develop overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines.</li><li>• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li><li>• Combine different movements with ease and fluency.</li><li>• Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li><li>• Develop overall body-strength, balance, co-ordination and agility.</li><li>• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li><li>• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li></ul> <p>Vocabulary: Walk, Jog, Throw, Target, Jump, Run, Hop, Skip, Fast, Pass, In pairs</p>					
Year 1	Games - Multi skills  Gymnastics - Animals	Games - Tag Rugby  Dance - Starry skies	Games - Football  Dance - Where the Wild Things Are	Games - Throwing and catching  Gymnastics - Traditional tales	Games - Brilliant ball skills  Dance - Seaside	Athletics - Active Athletics  Gymnastics
Year 2	Games - Skip to the Beat  Gymnastics - Landscapes and City	Games - Mighty Movers  Dance - Traditional Toys	Games - Brilliant Ball Skills  Dance - Plants	Games - Multi-skills  Gymnastics - Gymfit circuits	Games - Throwing and Catching  Dance - Country dancing	Athletics - Active Athletics  Gymnastics - Under the sea
Year 3	Games - Handball  Gymnastics - Shape	Games - Multi-skills  Dance - African Dance	Games - Netball  Dance - Extreme Earth	Games - Throwing and Catching  Gymnastics - Gymfit circuits	Games - Cricket  Gymnastics - Movement	Athletics - Active Athletics  Dance - Rainforest
Year 4	Games - Football  Swimming	Dance - Water  Swimming	Gymnastics - Movement  Swimming	Dance - Carnival of the animals  Swimming	Games - Cricket Outdoor and Adventurous activities  Swimming	Athletics - Active Athletics  Swimming
Year 5	Games - Netball (Champions Invaders)  Gymnastics - Movement	Games - Tag Rugby  Dance - WW2	Games - Handball  Gymnastics - Gymfit Circuits	Games - Nimble Nets  Dance - Egyptian Dance	Outdoor and Adventurous activities  Gymnastics - Groovy gymnastics	Athletics - Active athletics  Dance - Eco dance
Year 6	Games - Ultimate Frisbee  Gymnastics- synchronisation and canon	Athletics - Indoor Athletics  Dance - Tudor Dance	Games - Netball  Gymnastics - Rivers and mountains	Outdoor and Adventurous activities  Fitness - Boxercise	Games - Rounders  Gymnastics - Movement	Athletics - Active Athletics Outdoor and Adventurous activities  Dance - Through the decades